



ENRICHED



a good choice for the thrifty family

There is no waste
Every bit can be eaten
Always ready to use

Helps give you ENERGY
for work and play



DO NOT WASH OR RINSE ENRICHED RICE

C&MS-30

U.S. Department of Agriculture • Consumer and Marketing Service • Agricultural Research Service



Cooked Rice

Add 1 cup rice to 2 cups boiling salted ($\frac{1}{2}$ teaspoon salt) water. Cover and cook 20 minutes over low heat. Remove from heat. Let stand 10 minutes. Makes 3 cups cooked rice.

Rice Dinner Special

1 can green beans (1-pound can)	$2\frac{1}{2}$ cups cut-up donated canned
2 tablespoons fat	chopped meat or canned
$\frac{1}{2}$ cup flour	luncheon meat
2 cups milk	3 cups cooked rice
2 cups cut-up cheese	

Drain canned green beans. Melt fat in pan; stir in flour. Slowly stir in milk. Heat to boiling; stir to keep from sticking and cook 1 minute over low heat. Remove from heat. Add cheese, green beans and meat. Cook over low heat 10 minutes or until cheese melts and mixture is hot. Serve over cooked rice. Makes 6 servings.

Rice with Chicken and Cheese

1 onion	$\frac{1}{2}$ cup uncooked rice
1 tablespoon fat	$1\frac{1}{2}$ cups cut-up cooked chicken
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup cut-up cheese
2 cups water or chicken broth	

Chop onion and lightly brown in fat; add salt and water or broth. Heat to boiling and add rice slowly. Cover pan tightly and cook over low heat for 20 minutes. Turn off heat and let stand 10 minutes covered so rice can finish cooking.

Add chicken to rice. Reheat. Sprinkle cheese on each serving. Makes 4 servings.

Rice Pudding

2 cups water	1 cup donated nonfat dry milk
$\frac{1}{2}$ cup uncooked rice	or 2 cups instant nonfat dry
$\frac{1}{2}$ teaspoon salt	milk
$\frac{1}{2}$ cup raisins	$\frac{1}{2}$ cup sugar
1 tablespoon margarine or	1 cup warm water
butter	1 teaspoon vanilla

Heat 2 cups water to boiling. Add rice, salt, raisins and fat. Lower heat, until water is just bubbling, cover and cook gently for 30 minutes. Remove from heat.

Mix dry milk and sugar. Stir into 1 cup water until mixed. Add vanilla. Stir into rice. Stir over low heat until heated through. Cool to thicken. Makes 6 servings.

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